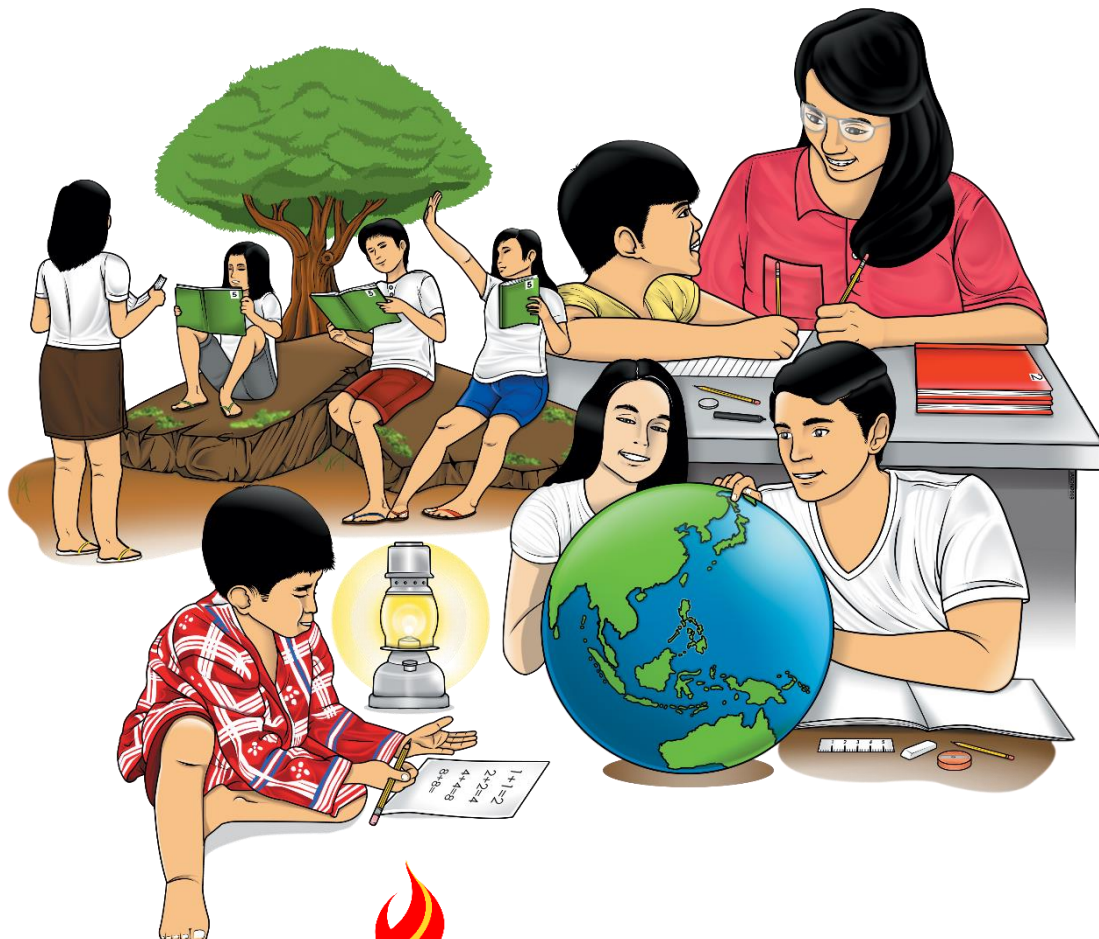


Health

Quarter 1 – Module 2: Practices to Holistic Health



Health – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 2: Practices to Holistic health
First Edition, 2020

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Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

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Health

Quarter 1 – Module 2: Practices to Holistic Health

Introductory Message

For the facilitator:

Welcome to the **Health Grade 7** Alternative Delivery Mode (ADM) Module on **Practices to Holistic Health!**

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the **Health 7** Alternative Delivery Mode (ADM) Module on **Practices to Holistic Health**.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or



Assessment

skill into real life situations or concerns.

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



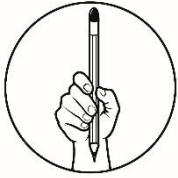
What I Need to Know

This module was designed and written with you in mind. It is here to help you master the practices of Dimension of holistic health. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is about:

Lesson 2: Practices of Holistic Health:

After going through this module, you are expected to: practice health habits to achieve holistic health (H7GD-Ic-15)



What I Know

The result of your pre-test will validate your knowledge, understanding and skills about dimensions of holistic health.

Directions: Read each of the statements below. Write **T** if the idea of the sentence is correct and **F** if the idea is not correct. Write your answer in your activity notebook.

- _____ 1. Exercising on a regulate basis is a healthy practice.
- _____ 2. Drinking powdered juice and drinking milk daily protect the body from sickness.
- _____ 3. Eating lean meat is good to our health.
- _____ 4. Jogging and walking are a good substitute to fitness gym activities.
- _____ 5. Using stairs in going up and down is good to our lungs.
- _____ 6. Listening to good music is a medical cure.
- _____ 7. Eating bread with milk during breakfast is a good start for the day.
- _____ 8. Staying awake late at night is a healthy habit.
- _____ 9. Riding motorcycle on a short distance is a good way to save energy.
- _____ 10. Throwing your garbage into the garbage bin is good practice.
- _____ 11. Studying your lesson ahead of time is a good habit.
- _____ 12. Planting trees can help us save the environment.
- _____ 13. Kissing the hands of our elderly is a sign of respect.
- _____ 14. Having a good relationship with the neighborhood helps you to become a good person.
- _____ 15. Bringing your own basket on a market day is a good practice.

Lesson

1

Practices to Holistic Health

Attaining holistic health should be everybody's goal. At this stage in your life, there are many health concerns that need to be addressed. You need to develop all dimensions of your health. You need coping skills to be able to face the challenges of an adolescent life. The assessment of growth and development is very helpful in finding out the state of health of a person. Continuous normal growth and development indicates a good positive attitude, healthy lifestyle, and desirable coping skills will help you attain and maintain holistic health.



What's In

Before going on with the new lesson, let's take a minute to look at our past lesson by answering few questions.

Directions: Choose the word or words from the box that answers each of the items below. Write your answer in your activity notebook.

- A. Emotional Health
- B. Health
- C. Environmental Health
- D. Moral Health
- E. Physical Health
- F. Mental Health

- _____ 1. It refers to the ability to accept failure, understanding and liking oneself.
- _____ 2. It refers to the state of complete physical, mental or intellectual, emotional, social, moral- spiritual and environmental well-being.
- _____ 3. It refers to the ability of an individual to explain things.
- _____ 4. It refers to the well-being of an individual.
- _____ 5. It refers to one's belief and values.



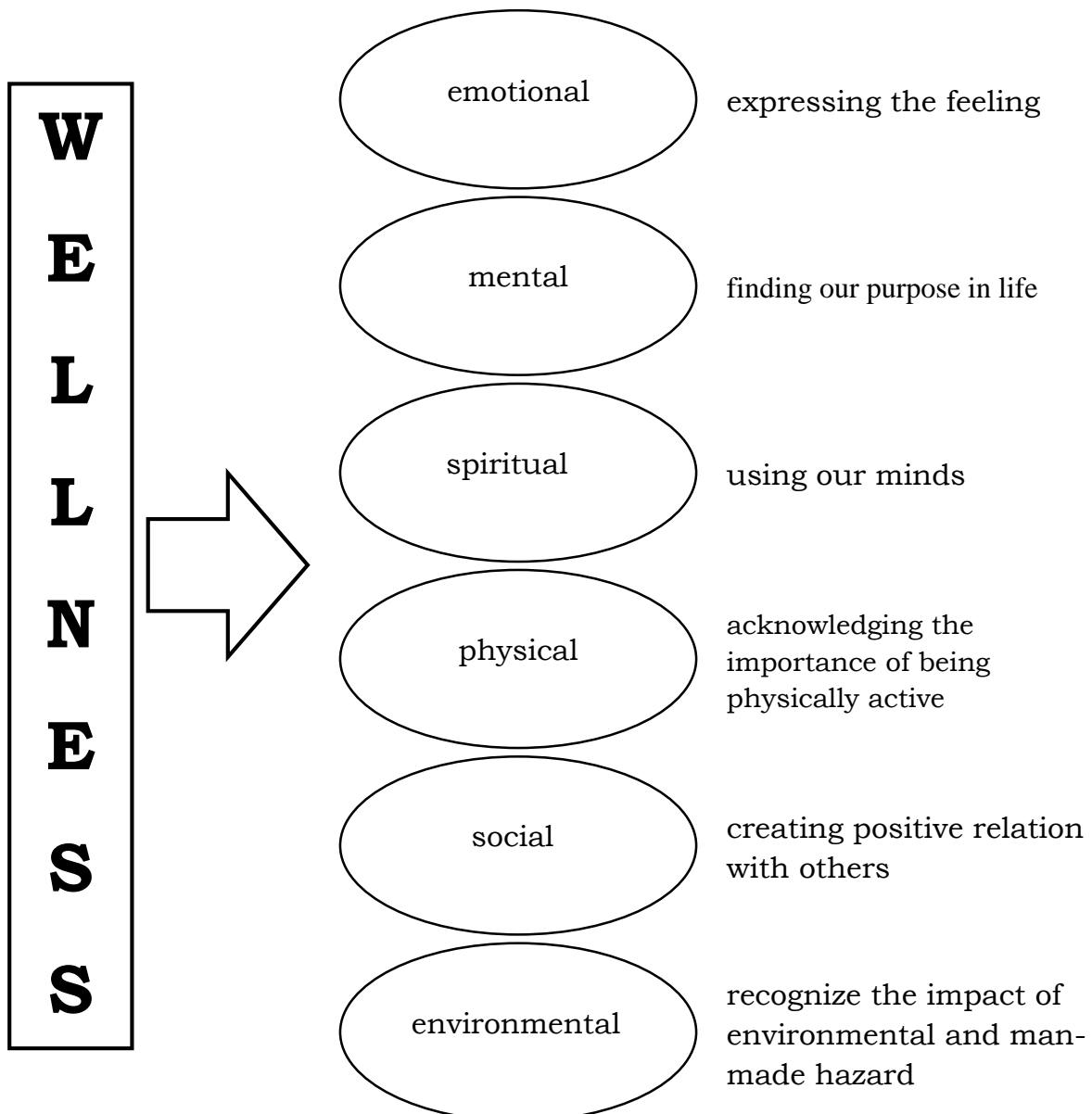
What's New

Being healthy and happy is important. In this lesson, you will know the difference between wellness and health and how they interact with each other.

Health is defined as a state of complete physical, social and mental well-being,

Wellness on the other hand refers to the state of being in optimal mental and physical health. It also means striving to live your life to achieve your fullest potential, making decisions and acting in healthy ways. It is a practice of positive health behaviors based on sound knowledge and healthy attitudes.

The diagram below shows the healthy habit of a person. Let's read and learn.





What is It

It is important to know how to live happily and healthily. The following discusses the different approaches to a holistic life:

Physical Health

It means how well your body functions. It includes being physically fit, eating nutritious food, and getting adequate rest and sleep.

Mental or Intellectual Health

It refers to the ability of an individual to think and improve his skills in life. A mentally healthy person is open to new ideas about life, family, and environment.

Emotional Health

It is the ability to accept failures, adapt with the environment and consider the feeling of others. It refers to how well one meets the demands of daily life and how well she or he adjusts to a new situation.

Social Health

It refers to how well a person builds relationship and interacts with the people in the community. It also relates to one's ability to adapt comfortably to different social situations and react appropriately in relation to those.

Moral-Spiritual Health

It refers to one's faith, belief and values, and purposes in life.

Environmental Health

It is the ability of the person to recognize the impact of environmental hazards to life and to find ways how to protect oneself and the ecological systems from these hazards.



A maze below consists of different health habit practices. This activity will help you understand more the different dimensions of holistic health

A diagram illustrating the six dimensions of health. The dimensions are arranged in two rows of three, enclosed within a large, light blue, rounded rectangular frame. The top row contains 'Physical Health', 'Social Health', and 'Environmental Health'. The bottom row contains 'Mental Health', 'Spiritual Health', and 'Emotional Health'. The text is in a dark blue, sans-serif font.

Physical Health	Social Health	Environmental Health
Mental Health	Spiritual Health	Emotional Health



1. What have you realized after tracing finish the maze?
2. How do you feel now?



What I Have Learned

Activity 1: Box me in!

Analyze the given practices and habits in the box and write them in their proper boxes. Write your answer in your activity notebook. (*Note: the teacher will photo copy the activity.*)

- | | | |
|---------------------------|--------------------------|-----------------------|
| a. Take time to pray | g. tree planting | l. free from sickness |
| b. Stay happy | h. goal setting | m. study habit |
| c. Body weight | i. forgiveness | n. self- confidence |
| d. Diet | j. interaction to others | o. self-esteem |
| e. Friendly | k. relationship | p. self-expression |
| f. decision-making skills | | |

Physical Health

Moral/Spiritual Health

Mental Health

Emotional Health

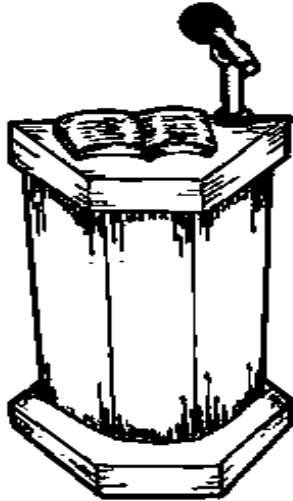
Environmental Health

Social Health

Activity 2: Where Am I!

After learning the different dimensions of holistic health, you are now ready for the next activity.

Directions: Study the pictures carefully. Identify the dimension of holistic health that is shown in each picture. Write your answer in your activity notebook. As a learner, why is it important to be healthy in all dimensions?



1. _____



2. _____



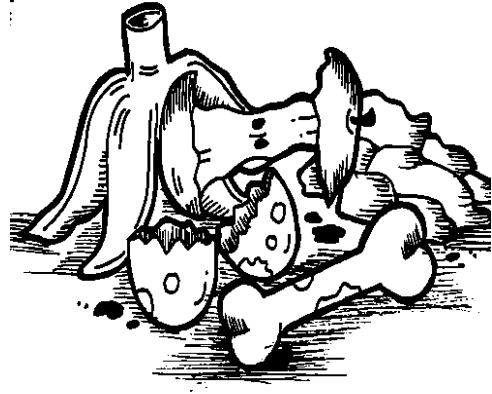
3. _____



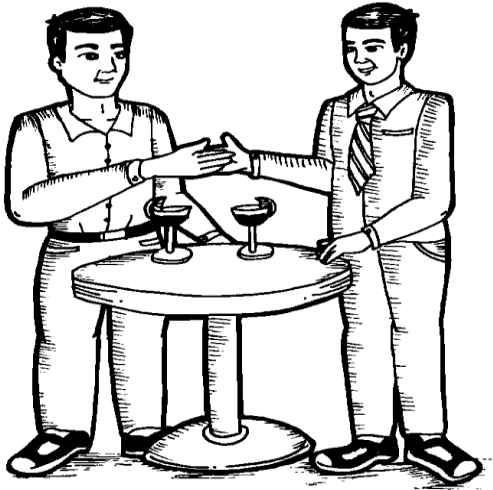
4. _____



5. _____



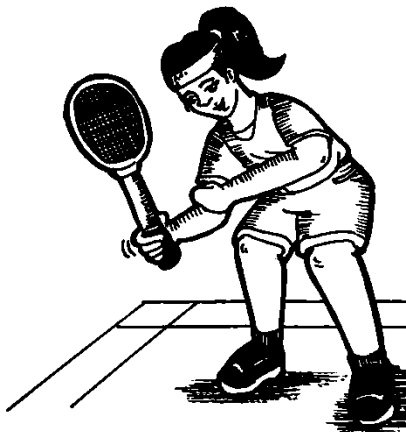
6. _____



7. _____



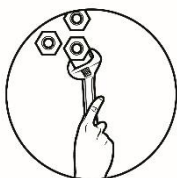
8. _____



9. _____



10. _____



What I Can Do

Activity 1: Match me up!

This activity will deepen your understanding on practices and habits in relation to holistic health dimensions.

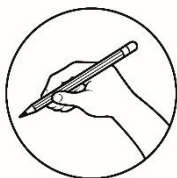
Match the wellness/health habits in column A with their corresponding dimensions in Column B. Write the letter of your answer in your activity notebook.

Column A

- ____ 1. meditate
- ____ 2. walking
- ____ 3. love yourself
- ____ 4. clean air
- ____ 5. read books

Column B

- a. environmental
- b. spiritual
- c. physical
- d. emotional
- e. social
- f. mental

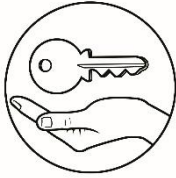


Assessment

The result of your post-test will check your present knowledge, understanding and skills about dimensions of holistic health.

Directions: Read each of the statements below. Write **T** if the idea of the sentence is correct and **F** if the idea is not correct. Write your answer in your activity notebook.

- ____ 1. Exercising on a regulate basis is a healthy practice.
- ____ 2. Drink powdered juice and milk daily protects the body from sickness.
- ____ 3. Eating lean meat is good to our health.
- ____ 4. Jogging and walking is a good substitute to fitness gym activities.
- ____ 5. Using stairs in going up and down is good to our lungs.
- ____ 6. Listening to good music is a medical cure.
- ____ 7. Eating bread with milk during breakfast is a good start for the day.
- ____ 8. Staying awake late at night is a healthy habit.
- ____ 9. Riding motorcycle on a short distance is a good way to save energy.
- ____ 10. Throwing your garbage into the garbage bin is good practice.
- ____ 11. Studying your lesson ahead of time is a good habit.
- ____ 12. Planting trees can help us save the environment.
- ____ 13. Kissing the hands of our elderly is a sign of respect.
- ____ 14. Having a good relationship with the neighborhood helps you to become a good person.
- ____ 15. Bringing your own basket on a market day is a good practice.



Answer Key

<p>Spiritual</p> <p>1. Take time to pray 2. Goal Setting 3. Forgiveness</p> <p>Social</p> <p>1. Friendly 2. Relationship 3. Interaction to other</p> <p>Spiritual</p> <p>4. Take time to pray 5. Goal Setting 6. Forgiveness</p>	<p>Where Am I?</p> <p>1. Spiritual 2. Mental 3. Spiritual 4. Mental 5. Spiritual 6. Environmental 7. Social 8. Physical 9. Physical 10. Social</p>	<p>Review</p> <p>1. Emotional Health 2. Health 3. Mental 4. Physical 5. Spiritual</p> <p>It's a Maze!</p> <p>1. Environment 2. Physical 3. Spiritual 4. Emotional 5. Mental 6. Social</p>	<p>Pre-Test/Post Test</p> <p>1. T 2. F 3. T 4. T 5. C 6. T 7. F 8. F 9. F 10. T 11. T 12. T 13. T 14. T 15. T</p>
<p>Spiritual</p> <p>1. Take time to pray 2. Goal Setting 3. Forgiveness</p> <p>Social</p> <p>1. Friendly 2. Relationship 3. Interaction to other</p> <p>Spiritual</p> <p>4. Take time to pray 5. Goal Setting 6. Forgiveness</p>			<p>Physical</p> <p>1. Body weight 2. Diet 3. Free from sickness</p> <p>Moral / Emotional</p> <p>1. Decision-making Skills 2. Stay happy 3. Self-esteem</p> <p>Mental</p> <p>1. Study habit 2. Self-confidence 3. Self-expression</p>

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